

Pumpkin Soup

Equipment:

Saucepan with lid
Knife, chopping board and mat
Stirring spoon
Mortar and pestle
Stick blender
Soup ladle
Soup serving bowl
Spaghetti bowl and safety mat



Ingredients

1 batch of vegetables, prepared by the previous class
3 cups (750mL) vegetable stock
1 tbsp olive oil
1/2 onion, peeled and roughly chopped
freshly ground black pepper
1 tsp each coriander seeds and cumin seeds
Flowers to garnish

Preparing for the next class:

Approximately 700g pumpkin, peeled and cut into 1 or 2cm pieces
1-2 potatoes, washed and scrubbed clean, and cut into 1cm cubes
1/2 onion, diced
2 cloves garlic, peeled and finely chopped
1 tsp ground coriander seed

Method:

Remember to clean up your workstation as you go

- Place the vegetables from the prepared box into the Saucepan with the stock. Bring to a boil, then reduce heat and let simmer until pumpkin and potato is tender (check with butter knife) – about 10 minutes.
- Meanwhile**, while the soup is cooking, prepare the next batch of vegetables for the following class, according to the instructions on the ingredients list above.
- Heat the oil in the pot over a medium-high heat.
- Add the onion. Cook, stirring, for 3 minutes or until onion has softened.
- Add the garlic and stir for 20 seconds.
- Add the pumpkin and potato. Cook, stirring occasionally, for 5 minutes or until potato starts to brown.
- Add the coriander and aniseed. Cook for 1 minute or until fragrant.
- Place these vegetables into a container ready for the next class.

When the soup is ready:

- Remove from heat and use a stick blender to blend until smooth, ensuring you don't allow the soup to splatter (keep the blender head submerged).
- Put the safety mat onto the spaghetti bowl, then the soup bowl on top.
- Decant soup into the serving bowl, and include a soup ladle.

Salt and pepper will be served at the table.